

Greek Chicken over Cauliflower Rice



Serves 6

Ingredients:

For the chicken:

- 4 large chicken breasts, trimmed and cut into lengthwise strips
- zest and juice of 2 lemons
- 1 tablespoon Greek Seasoning
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon Greek oregano
- $\frac{1}{2}$ teaspoon fresh-ground black pepper

For the cauliflower rice:

- 1 large head cauliflower
- 1 large green bell pepper, finely chopped
- 1 small onion, finely chopped
- 1 tablespoon extra virgin olive oil
- 1 teaspoon Greek Seasoning
- salt and fresh-ground black pepper to taste

For the Greek salsa:

- 3 medium cucumbers, chopped
- 1 cup chopped cherry tomatoes
- $\frac{1}{4}$ cup chopped Kalamata olives (or black olives)
- $\frac{1}{4}$ cup finely chopped red onion
- 4 ounces crumbled feta cheese (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup low-carb Italian dressing of your choice

Instructions:

To make the chicken:

1. Grate the zest and squeeze the juice from the lemons, then whisk the zest and juice together with the Greek seasoning, olive oil, Greek oregano, and black pepper to make the cooking sauce.
2. Spray the slow cooker insert with olive oil or non-stick spray, put chicken strips in the bottom, and pour the cooking sauce mixture over. Cook on high for about 3 hours, or until the chicken shreds apart easily with a fork.
3. When the chicken is done, shred chicken apart with two forks, put it back in the slow cooker, and stir gently so the chicken is

coated with sauce. Keep chicken warm on the low setting while you prep the other ingredients.

To make the cauliflower rice:

1. Trim the cauliflower and discard the leaves. If you're using a food processor to chop up the cauliflower into "rice," first cut the cauliflower into small pieces. Then pulse the cauliflower pieces using the steel blade in the food processor until it's finely chopped. Alternatively, you can make the "rice" by grating larger pieces of cauliflower with a large standing box grater.
2. Heat the tablespoon of olive oil in a large non-stick pan over medium-high heat, add the green pepper and onion, and cook about 3 minutes or until the vegetables are softened and starting to brown.
3. Add the Greek seasoning and cook 1 minute more; then add the chopped cauliflower and cook, turning a few times, until the cauliflower is starting to soften and brown, about 3-4 minutes. Season the cauliflower rice with salt and fresh-ground black pepper.

To make the Greek salsa:

1. Place cucumbers, tomatoes, olives, and red onion in a bowl. Stir in the Italian dressing, and then gently stir in the crumbled Feta.
2. To serve, place cauliflower rice in a bowl, top with chicken strips with sauce, and spoon on Greek salsa.

Nutrition per serving: Calories 336; Total Fat 19.0 g; Saturated Fat 4.7 g; Monounsaturated Fat 10.1 g; Polyunsaturated Fat: 3.0 g; Total Carbohydrates

17.6 g; Dietary Fiber 5.7 g; Sugar Alcohols 0.3 g; Sugars 7.6 g; Protein 26.4 g;
Sodium 330 mg